

Full Report (All Nutrients) 19859, Cocoa, dry powder, hi-fat or breakfast, plain

Report Date:October 24, 2015 21:45 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 5.4g
Proximates					
Water	g	3.00	1	--	0.16
Energy	kcal	486	--	--	26
Energy	kJ	2034	--	--	110
Protein	g	16.80	1	--	0.91
Total lipid (fat)	g	23.71	1	--	1.28
Ash	g	5.10	--	--	0.28
Carbohydrate, by difference	g	51.39	--	--	2.78
Fiber, total dietary	g	29.8	1	--	1.6
Sugars, total	g	1.55	--	--	0.08
Minerals					
Calcium, Ca	mg	122	--	--	7
Iron, Fe	mg	14.50	--	--	0.78
Magnesium, Mg	mg	519	--	--	28
Phosphorus, P	mg	758	--	--	41
Potassium, K	mg	1574	--	--	85
Sodium, Na	mg	20	--	--	1
Zinc, Zn	mg	6.70	--	--	0.36
Copper, Cu	mg	3.610	--	--	0.195
Selenium, Se	µg	12.3	--	--	0.7
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Thiamin	mg	0.080	--	--	0.004
Riboflavin	mg	0.370	--	--	0.020
Niacin	mg	1.800	--	--	0.097

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 5.4g
Vitamin B-6	mg	0.190	--	--	0.010
Folate, total	µg	38	1	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	38	1	--	2
Folate, DFE	µg	38	--	--	2
Choline, total	mg	11.9	--	--	0.6
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	1	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	34	--	--	2
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.3	--	--	0.1
Lipids					
Fatty acids, total saturated	g	12.640	--	--	0.683
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.028	--	--	0.002
16:0	g	5.787	--	--	0.312
18:0	g	6.700	--	--	0.362
Fatty acids, total monounsaturated	g	7.380	--	--	0.399
16:1 undifferentiated	g	0.000	--	--	0.000

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18:1 undifferentiated	g	7.380	--	--	0.399
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.769	--	--	0.042
18:2 undifferentiated	g	0.769	--	--	0.042
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	1	--	0
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	197	--	--	11
Theobromine	mg	1763	--	--	95